

ABSTRACT OF THE DISCLOSURE

A reformer exercise apparatus has a generally rectangular frame having
5 a head end and a foot end and including a pair of spaced apart parallel track
members, a movable carriage mounted on the frame for movement along the
track members between said head and foot ends against one or more springs
connected between the carriage and the foot end of the frame and an elastic
member anchor bar and carriage stop assembly to adjustably position the
10 carriage and elastic members on the tracks to accommodate a wide range of
user heights. The anchor bar and carriage stop assembly includes an anchor
bar having each end disposed in an elongated slot formed in each track
member. The elongated slot has spaced gear teeth defining spaced anchor bar
stop or lock portions. The anchor bar can be moved between lock portions
15 only when rotated to an unlocked position wherein the bar can operably slide
along the slot.